Tutorial Activity 3

Diabetes Case Study Activity

Adam is 14 and plays basketball. Recently, he has been thirsty all the time, and he needs to get up several times a night to urinate. He has lost 4.5 kg (10 lb.) and is so tired that he has been missing basketball practice.

In your groups:

1. Determine what type of diabetes is most likely affecting Adam and justify your reasoning.

   He has type 1 Diabetes because of his age because young people have more than old people.

   b) What is the explanation for each of his symptoms?

   His symptoms were increased thirst, tiredness, (lack of sleep) urination, and weight loss.

2. How does this type of diabetes need to be managed? Be specific.

   He needs insulin to mange his blood sugar level every day. Or he can get the insulin shot or insulin pump.

3. Describe what happens when Adam eats a meal when his diabetes is well managed and when he does not manage his diabetes properly

   If he wouldn't have insulin he would end up in the hospital because high blood sugar levels.

4. Why is it important to keep blood sugar levels within the normal range in both type-1 and type-2 diabetes?
   It's important to keep the blood sugar balanced because you need to avoid hypoglycemia (low blood sugar). Hypoglycemia can pressure your body.